

ABSTRACT

A floor mat with a seamless top surface and a segmented cushion layer. The seamless top surface eliminates gaps, crevices, and seams that may adversely affect performance or durability of the sports mat. The segmented cushion layer provides an essentially continuous cushioned mat when the mat is in an unrolled configuration and reduces the likelihood of damage to the sports mat due to an exposed top surface or compressed cushion layer. The floor mat may be rolled up into a storage and transportation configuration without turning the mat over. The floor mat is also configured to permit one person to roll and unroll it.